

ABSTRAK

ROY KUSNADY PANDIANGAN, NIM 6203111081 (2020). Pengaruh Latihan *Small sided games* Terhadap Keterampilan *Dribbling* Pada Siswa Ekstrakurikuler Sepak bola Di SMP N 1 Sumbul. (PEMBIMBING SKRIPSI: (RIFQI AUFAN) SKRIPSI: FIK UNIMED.

Penelitian ini bertujuan untuk mengkaji pengaruh latihan *small sided games* terhadap kemampuan *dribbling* siswa yang mengikuti kegiatan ekstrakurikuler sepak bola di SMP N 1 Sumbul. Metode yang dipakai pada penelitian ialah eksperimen dengan desain *one group pretest-posttest*, dan melibatkan 20 siswa laki-laki sebagai subjek penelitian. Data diperoleh melalui pengujian *dribbling* sebelum dan sesudah perlakuan, yang dinilai dalam satuan waktu (detik) memakai enam kategori. Analisis statistik dilaksanakan dengan Uji-t memakai perangkat lunak IBM SPSS Statistik. Hasil *pretest* menunjukkan rata-rata keterampilan *dribbling* siswa berada pada kategori kurang (rerata 15,93), dengan hasil uji normalitas dan homogenitas yang menunjukkan distribusi data normal (sig. 0,666) serta varian homogen (sig. 0,233). Sesudah pelaksanaan latihan *small sided games*, nilai rata-rata *posttest* meningkat secara signifikan menjadi 12,35, yang menunjukkan peningkatan keterampilan *dribbling* secara signifikan (sig. 0,000 < 0,05). Berdasarkan hasil tersebut, latihan *small sided games* terbukti efektif dalam meningkatkan keterampilan *dribbling* siswa dalam situasi permainan yang memakai lapangan kecil dan jumlah pemain yang lebih sedikit, sehingga membantu mempertahankan variasi latihan dan mengurangi kejenuhan selama pembelajaran keterampilan sepak bola.

Kata kunci: *Small sided games*, *Dribbling*, Ekstrakurikuler sepak bola SMP N 1 Sumbul.

ABSTRACT

ROY KUSNADY PANDIANGAN, NIM 6203111081 (2020). *The Effect of Small sided games Training on Dribbling Skills in Extracurricular Football Students at SMP N 1 Sumbul.* (Thesis Supervisor: (RIFQI AUFAN) THESIS: FIK UNIMED.

This study aims to examine the effect of small sided games training on the dribbling ability of students who take part in extracurricular football activities at SMP N 1 Sumbul. The method used in this study was an experiment with a one group pretest-posttest design, and involved 20 male students as research subjects. Data was obtained through dribbling testing before and after treatment, which was assessed in units of time (seconds) using six categories. Statistical analysis was performed with a t-test using IBM SPSS Statistics software. The pretest results showed that the average dribbling skills of students were in the deficient category (mean 15.93), with the results of normality and homogeneity tests showing normal data distribution (sig. 0.666) and homogeneous variants (sig. 0.233). After the implementation of small sided games training, the posttest average value increased significantly to 12.35, which showed a significant increase in dribbling skills (sig. 0.000 <0.05). Based on these results, the small sided games exercise proved to be effective in improving students' dribbling skills in a game situation that uses a small field and a smaller number of players, thus helping to maintain training variety and reduce boredom during learning football skills.

Keywords: *Small sided games, Dribbling, Extracurricular football at SMP N 1 Sumbul.*

